

Successfully hosted a collaborative masterclass titled

THE OOCYTE

TOO FEW... TOO MANY



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Topic

A case for fertility preservation & egg freezing for all & POR

Key Highlights

- Increasingly, women are delaying childbearing, leading to a rise in involuntary childlessness.
- Elective egg and embryo freezing provide viable fertility preservation options for women with diminished ovarian reserve or advanced age, enhancing reproductive autonomy.
- Oocyte cryopreservation (OC) is indicated for medical (onco-fertility, genetic diseases) and non-medical reasons (elective fertility preservation). Early-to-mid thirties is an ideal age for planned OC. Women should be counselled to preserve 15–20 mature oocytes for successful live birth. Available evidence does not show an increased risk of chromosomal abnormalities or congenital anomalies.
- OC should be prioritized at a younger age for patients at risk of premature ovarian insufficiency (e.g., Turner Mosaic, Endometriosis, Fragile-X, Autoimmune disorders).
- Comprehensive counselling, tailored protocols, and realistic expectations empower women to make informed fertility choices.

Click here to watch full Recording

<https://drive.google.com/file/d/1uKst9ToYTVGiAHRrKWoyl4O-ublN1xGH/view?usp=sharing>

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